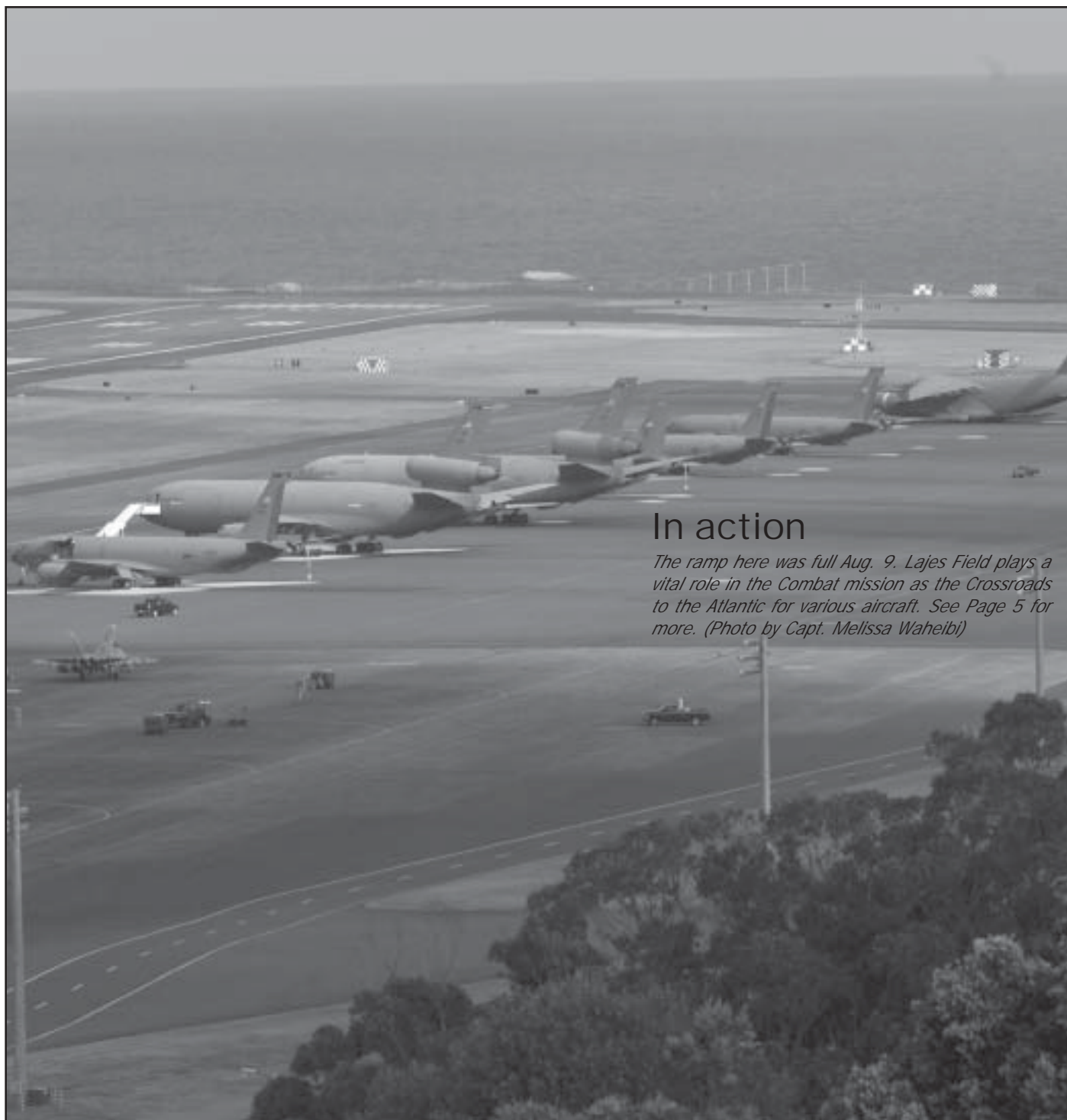


**Combat Proud:** Whether on the job or in base housing, Team Lajes does their part to show pride in where they work, live and play. See Page 2



## In action

*The ramp here was full Aug. 9. Lajes Field plays a vital role in the Combat mission as the Crossroads to the Atlantic for various aircraft. See Page 5 for more. (Photo by Capt. Melissa Waheibi)*

### Child care

*Family child care offers jobs, providers*

*Page 3*

### Children's play

*Team Lajes children perform for base*

*Page 6*



### Running

*Shoes and knowledge key to success*

*Page 8-9*

## Combat Proud

### Team Lajes takes pride in base, mission

By Staff Sgt. Marcus McDonald  
65th ABW Public Affairs

Whether on the job or in base housing, Team Lajes does their part to show pride in where they work, live and play.

That pride propels the base in performing its mission of providing base and en route support for Department of Defense, allied nations, and other authorized aircraft transiting the installation beyond expectations, according to Col. Danny Leonard, 65th Air Base Wing vice commander.

"A base that looks good performs well," the colonel said. "If we at Lajes take pride in our installation and make it look the best possible, we are also taking pride in our mission."

As the formal leader of Lajes' Combat Proud initiative, Colonel Leonard said the real work of this program is done by every leader on base.

"Combat Proud is one of USAFE's and our wing commander's top priorities, and thus it is also one of ours," he said. "Leaders at all levels are empowered and expected to take the lead. Never walk by a problem. Instead, fix it or report it so it can be fixed."

The colonel said some of the recent improvements as a result of the program have included vibrant self-help projects in many squadrons, new split-rock walls covering areas that used to be painted, new fence lines

and improved traffic circles.

"What I see is every squadron and office has taken Combat Proud to heart," Colonel Leonard said. "We have improved the aesthetics and functionality in many of our areas."

"When you walk up to a facility and the facility looks clean and professional, odds are the people in the facility have their act together as well. Our focus on base appearance tells visitors that we have our act together and it makes Team Lajes' members feel better every day."

Improvements in both the Nascero do Sol and Beira Mar housing areas continue.

"In the Nascero do Sol area, it is hard to ignore all the construction that is going on," Colonel Leonard said. "However, what I note is the housing area still looks good, despite all the construction."

"Recently, a number of pavilions were completed in the Nascero do Sol area, explained 1st Lt. Lars Ewing, 65th Civil Engineer Squadron, who serves as the assistant point of contact for Combat Proud at Lajes. "In the Beira Mar area, the renovations to the traffic circle are almost complete. In the future, you'll see a number of landscaping projects being added to both housing areas."

The colonel asked for support from base housing residents.

"Where we can do better is in individual areas," Colonel Leonard said. "Do you walk around your home and make sure it is presentable outside? What about that oil spot in

the driveway or that litter in your front yard?

"Each of us uses the common areas, so collectively we need to police these areas," the colonel said. "Don't assume someone else will clean up after you. Take the initiative and show pride in where you call home."

Being considerate of neighbors and addressing problems as they arise is vital to those in base housing, he said.

"We live in close quarters with our neighbors so we always need to be considerate," Colonel Leonard said. "For instance, do you clean up after your pet or attend to your barking dog? And do you teach your children to clean up after picnics at the park?"

"We need the same approach to litter in housing areas that we have on base," he continued. "Never pass a problem by. If something is wrong beyond your ability to fix, report it."

"Residents can perform basic housing maintenance in their home to take pride in where they live," Lieutenant Ewing echoed. "Ensuring our living areas are as 'clutter-free' as possible is a large part of Combat Proud."

The colonel stressed that the initiative is not focused on aesthetics.

"True, we want Lajes to be the best-looking base possible," he said. "However, Combat Proud is about functionality; it's about improving the appearance of our base as a way of fostering pride and productivity each day."



### Yard of the Month

*Lt. Col. Tim Donohue, 65th Mission Support Group vice commander greets Lisa Gallant before he presents her with the Yard of the Month certificate. The housing flight recognizes four families each month during summer months for keeping their yards neat or going above and beyond with plants and lawn ornaments. Colonel Donohue presented signs and certificates to July's winners. They were:*

*Junior NCO housing: Tech. Sgt. Yvonne Fischer*

*Senior NCO housing: Master Sgt. James Keiler*

*Field grade officer housing: Maj. Michael Gallant*

*Company grade officer housing: Brian Daly (civ)*

*Residents keep the sign for the entire month until the next winners are selected. (Photo by Guido Melo)*



## Family Child Care program offers jobs, child care

By Staff Sgt. Christin Michaud  
65<sup>th</sup> ABW Public Affairs

Although jobs for spouses are limited on the island, there is a program that allows housing residents to have their own business.

The family child care program is an opportunity for individuals to care for children in their own home as a business.

It's been more than five years since there has been an FCC provider at Lajes Field, according to Kimberly Moore, 65<sup>th</sup> Services Squadron, Family Member Program flight chief.

An FCC program would mean job opportunities for spouses as well as child care options for the base populace.

FCC hours of operation tend to be more tailored to meet the needs of military families' schedules. In addition, FCC provides career opportunities for military spouses.

"We currently have a short waiting list," said Jan Bur, child development center director.

"They would love hourly care at an FCC home for a couple hours a week."

Setting hours and choosing an age group is one of the benefits of having a business as a family child care provider.

FCC offers a variety of home care options for children ages four weeks to 5th or 6th grade.

Providers are authorized to have six children in their home, with only two being age two or younger. They can also choose instead to take only infants. In that instance, they are allowed three infants under the age of two at one time.

"They can say no preschoolers, or school age only," explained Dr. Moore. "They can set specific hours and only afternoon or evening care, not weekends," she said. Providers can also choose only evenings and

weekends if they prefer. The hours of operation are the provider's choice.

Some providers may choose to take only hourly drop-in care while others may offer full-time care all day Monday through Friday.

Becoming an FCC provider is the same process across the Air Force. "Anyone who has been a licensed provider before can be one here," said Dr. Moore.

For individuals who have never been licensed, the process is easy, she said.

The program provides training and support material on how to set up a business, and providers learn in a helping and supportive environment.

"We can get them connected to successful child care providers all over the world through e-mail," Dr. Moore said.

There is a family child care lending library that loans items to individuals who are FCC providers. "It's more than just books," Dr. Moore said. The lending library includes item such as cribs, training potties, gates and other safety equipment.

The FCC program also allows parents to stay home with their child while earning income. "It gives parents a lot more flexibility in how they care for their children," said Dr. Moore.

The same is true for families with two working parents.

The Air Force has a subsidy program that allows parents to get small group care in a scenario for the same price as the CDC.

"The going rate for a child under the age of two is \$125 a week," said Dr. Moore. With the subsidy, parents pay an FCC provider

what they would pay the CDC, and the Air Force will pay the provider the difference.

Developmental learning experiences in FCC homes occur through natural daily activities. Providers use daily routines, planned curriculum and teachable moments to meet the varied needs and interests of children.

Being a child care provider can be rewarding.

"They are raising the future leaders of our country," Dr. Moore said. "Giving children a good start in a loving, caring small group environment that allows them to grow and flourish."

Becoming an FCC provider has many advantages. It offers employment in the home, the ability to stay at home with a child, and awards and recognition programs for provider of the year.

For more information about the program, call Dr. Moore at 295-571-332 or 96-789-4095.



*Being a family child care provider can be rewarding. The FCC program offers employment opportunities to spouses and additional child care options to the base populace. For details, call 295-571-332. (Courtesy photo)*

## Library closes next week in preparation for new technology

By 1<sup>st</sup> Lt. Liam Clancy  
65<sup>th</sup> Services Squadron

The Lajes Library will close Sunday through Aug. 27 for the staff to receive training on a new library automated system.

The new system will replace one that was acquired from another library in 1995. Library systems have come a long way since then. The present system uses function keys instead of a mouse for navigation.

"We always find ourselves reaching for the mouse, and I am sure our customers do the same thing" said Patricia Arnold, library director. The new system

will use a mouse and be much more user friendly.

The biggest advantage of the new system is the library catalog will be accessible through the worldwide web. Everything in the library can be viewed on the catalog website.

Currently, Team Lajes members must come into the library to see what is in the collection.

With this new system, the catalog can be viewed from any computer at home or work. The web address will be displayed throughout the library, as well as being listed on the Services web page for the library.

There will also be a direct link

to the catalog on the U.S. Forces in Europe libraries web page.

This system is being used in other USAFE libraries.

If those assigned to Lajes have come from USAFE, the new catalog will be familiar to them, explained Ms. Arnold.

There are hundreds of library automated systems on the market. The USAFE library team put much expertise and research into selecting this system for its libraries. The company that offers this software is one of the largest in the library software industry, and has been in business since 1983. The company, SirsiDynix, serves more

than 20,000 libraries in more than 40 countries.

After library staff training, data from the existing system must be transferred over to the new system. "Tests will be run to make sure data transfer is complete and accurate," Ms. Arnold said.

The system is scheduled to be up and running by Sept. 26.

In order to serve its customers, current newspapers like the Washington Post and USA Today, will be available in the community activity center while the library is closed.

For more information, call 2-3688 or 295-573-688.





## News Briefs

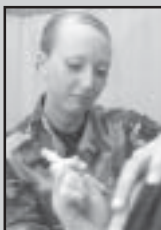
### Air Force Chief of Staff retires, new sworn in

Air Force Chief of Staff General John Jumper will retire after 39 years of service at an Andrews Air Force Base ceremony Sept. 2. His effective date of retirement will be Nov. 1, 2005.

Acting Secretary of the Air Force Pete Geren will host the ceremony at which General Jumper will be retired and General Michael Moseley, currently serving as Air Force Vice Chief of Staff, will be sworn in as the eighteenth Air Force Chief of Staff.

### Correction

Staff Sgt. Shila Maldonado-Mcknight, 65th Medical Operations Squadron NCOIC of Immunizations was identified incorrectly in last week's edition of the *Crossroads*.



## NCOs face retraining

**RANDOLPH AIR FORCE BASE, Texas** — More than 3,000 staff, technical and master sergeants have been identified to receive retraining vulnerability notices under the initial phase of the Air Force's fiscal 2006 Noncommissioned Officer Retraining Program.

The retraining program is designed to help balance the enlisted force by moving NCOs in specialties with surpluses to those with shortages. As part of Phase I of the program, scheduled for Aug. 1 to Oct. 14, Air Force officials notified NCOs as vulnerable to retrain. Officials asked these Airmen to submit their choices of shortage career fields they would most like to retrain into or apply for special duty assignments no later than Oct. 14.

If voluntary measures are unsuccessful, the Air Staff will implement Phase II, involuntary retraining. In Phase II, individuals identified as vulnerable in Air Force Specialty Codes not meeting retraining-out objectives, and without approved retraining or special duty assignments by Oct. 14, will be involuntarily retrained.

"This phase of the retraining program is necessary to help meet the needs of the Air

Force by putting Airmen where they are needed most," said Tech. Sgt. Catina Johnson-Roscoe, NCOIC, Air Force Enlisted Retraining at the Air Force Personnel Center here.

Major commands will continue to accept volunteer applications from individuals not identified as vulnerable. Additionally, they will encourage all eligible NCOs to consider special duty assignments such as recruiting, military training instructors, first sergeant duty or professional military education instructor, said Sergeant Johnson-Roscoe.

"Now is the time for those who have been identified for possible retraining to volunteer," said Chief Master Sgt. Terry Reed, chief of AFPC's Skills Management Branch. "It's up to each Airman, but if it were me, I'd think having control over my career would be a priority."

Vulnerability listings by grade and AFSC were posted on AFPC's web site Aug. 1 and will be updated weekly at <https://www.afpc.randolph.af.mil/enlskills/Retraining/retraining.htm>.

Anyone interested in more details about the program can contact the military personnel flight at 2-3250.

## USAFE giving away car for AF's 58th Birthday

**SEMBACH AB GE** — USAFE Services and Exchange New Car Sales are celebrating the Air Force's 58th Birthday by giving away a 2006 Chrysler PT Cruiser Sept. 18 as part the USAFE Birthday Bash Celebration.

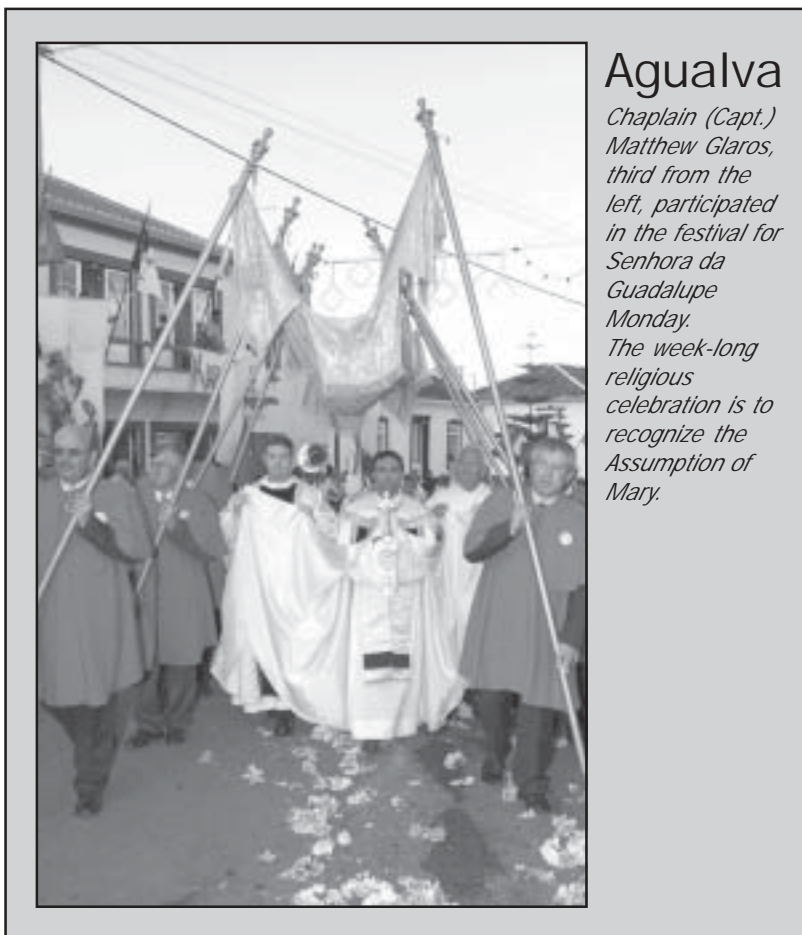
The drawing is open to Airmen assigned to USAFE, their family members and DoD civilian employees 18 years and over with a valid DoD ID card. Entry forms also are available at most USAFE Services facilities, at Exchange New Car Sales facilities on USAFE installations, and on line at [www.usafesvsmarketing.org](http://www.usafesvsmarketing.org). Or, look for special entry form inserts in the Aug. 25 and Sept. 6 issues of *Stars & Stripes* newspaper. All entries must be received at USAFE Services headquarters no later than noon on Sept. 18, to be included in the drawing.

"We are delighted to again be partnering with Exchange New Car Sales to offer this incredible prize to some lucky Airman for the Birthday Bash Celebration," said USAFE Services Marketing Director Ms. Mandy Smith-Nethercott.

Information about rules, eligibility, and participation is on the entry forms, and can also be viewed online at [www.usafesvsmarketing.org](http://www.usafesvsmarketing.org).



*Courtesy photo*



## Agualva

*Chaplain (Capt.) Matthew Glaros, third from the left, participated in the festival for Senhora da Guadalupe Monday. The week-long religious celebration is to recognize the Assumption of Mary.*



## Lajes Field: Pit stop for aircraft

**Left:** A KC-10 Extender from Travis Air Force Base, Calif., lands at Lajes Field Aug. 9.

**Below:** The flightline here can support fighter, mobility and civilian aircraft from several nations.

**Bottom:** A KC-135 Stratotanker from the Ohio Air National Guard passes by some fighters as it taxis down the runway here.

The wing provides base and en route support for Department of Defense, allied nations and other authorized aircraft transiting the installation.

Aircraft supported by the wing come from various nations, including the Netherlands, Belgium, Canada, France, Italy, Colombia, Germany, Venezuela and Great Britain. (Photos by Capt. Melissa Waheibi)





## Missoula Children's Theater

53 Team Lajes children performed *Robin Hood*, written by Michael McGill, in two performances Saturday at the community activity center here. Missoula Children's Theater has 36 teams traveling around the world this summer putting on plays. More than 600,000 people will see one of the Missoula play's this summer.

**Right:** Clockwise, Tabitha Silver, Alexis McGhee, Zarinah Mixon-Gibbons and Orion Childers perform in the musical. (Photo by Master Sgt. Michael Featherston)

**Below:** The children worked all week for four hours each day rehearsing for the play. They put on a full-length musical in just five days. (Photo by Airman 1st Class Josie Kemp)



Orion Childers' character holds the pie as Allison Epperson's character points at it. Zarinah Mixon-Gibbons watches from behind. (Photo by Master Sgt. Michael Featherston)





# COMMENTARY

## Take pride in self, job

**By Lt. Col. John Oliver  
65th Services Squadron  
commander**

When you hear the word pride, what are some images that immediately come to your mind? Do you think of the arrogance of some who act as if you should be honored to be in their presence? Or, do you envision the American flag and all that it represents?

For me, pride is a concept and feeling with which I've often struggled throughout my life.

If you conduct a quick review of definitions for pride found in *Webster's New Collegiate Dictionary*, you'll see the good and the bad of pride.

Webster defines pride as "the quality or state of being proud." A few other entries list it as "a reasonable or justifiable self respect," or "delight or elation arising from some act, possession or relationship." Those are all decent and desirable traits.

But, that's not all Webster has to say about pride. Additional definitions of pride are, "inordinate self esteem, conceit ... proud or disdainful behavior or treatment."

These traits aren't so desirable. Like many of you, I was always taught that pride is something everyone should have. Pride is what drives you to achieve your best; it is the basis of our popular Air Force slogans "Aim High" or "America's Air Force, No One Comes Close."

By contrast, history has shown pride can be the foundation for failure. It is what has led to the ruin of great nations and egotistical dictators. This is the pride referred to in Proverbs 16:18, "Pride goeth before destruction and a haughty spirit before a fall."

As I've looked back over my life, I've come to acknowledge the presence of both types of pride in my life.

My pride in family, friends and service to our great nation is a noble pride. My attitude of pride in my awards or my possessions that make me "better" than others falls into my list of undesirable pride.

As I've matured, I've grown to focus

more on the first type of pride and less on the second.

Pride in others and ideals are lasting while pride in material things is temporal. Pride in ideals and others are inclusive while pride in things is usually exclusive. One pride usually tears down and the other pride encourages and builds others up.

So as we prepare for the up-coming Unit Compliance Inspection in September, I've challenged our squadron and I now challenge each of you to take pride and to show pride in our excellence here at the 65th Air Base Wing.

Our attitude and work ethic, while preparing for this inspection, should be no less than if we were preparing our home to welcome great Heads of State.

We should be proud of our accomplishments and more than happy to show them off. We should embrace Pride Day as a focused opportunity to make significant improvements inside and out of our work centers or anywhere on the base.

Our attitude and action of pride will become contagious across our squadrons, our group and throughout the wing.

Including my four years of college ROTC and almost 18 years in the Air Force, I've experienced three IG inspections.

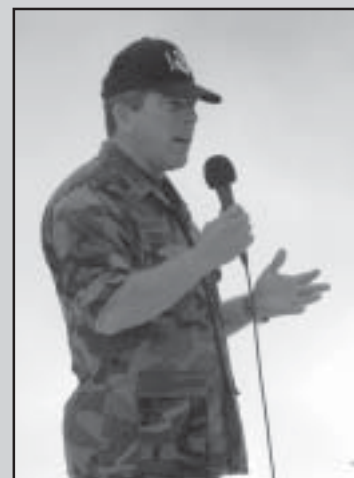
I'm proud to say our units received an Outstanding or Excellent rating in each inspection.

As I reflect back on those ratings and some of the awards we earned during those inspections, I can honestly say I'm most proud of the hard work, cohesive spirit, and unit pride displayed as we prepared for those inspections.

The attitude of pride and enthusiasm spread throughout our units and the results were a direct reflection of this attitude.

As we head toward the last few weeks leading up to our UCI, I encourage all of us to work and prepare hard, but most of all, to take pride in our units.

This pride is a good thing that will become contagious and build up the entire wing. This pride will be reflected in the results of our inspection.



### Commander's Line

Call 2-4240 or  
e-mail

[actionline@lajes.af.mil](mailto:actionline@lajes.af.mil)

The Commander's Line is your direct link to me for suggestions, kudos and as a way to work problems or issues within the 65th Air Base Wing for which you can't find another solution.

Your chain of command should always be your first option for praise or problems -- but when that's not the answer, call or e-mail the CC Line.

Items of interest to the base population may be published in a future issue of the *Crossroads*. To ensure you get a response, please leave your contact information.

Thank you!

**Col. Robert Winston  
65th Air Base Wing  
commander**



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*The editorial content is provided, edited and prepared by the Public Affairs Office of Lajes Field.*

*The Crossroads staff encourages its readers to call or e-mail with ideas or corrections. Call 2-3347 to speak to a Crossroads staff member or e-mail [news@lajes.af.mil](mailto:news@lajes.af.mil).*

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**Staff Sgt. Christin Michaud** ..... Crossroads Editor  
**Eduardo Lima** ..... Community Relations Adviser

## All the right moves start with right shoes:

### *Pairing genetics and technology to make smart athletic shoe buys*

**By Capt. Kelly VandenBos  
51st Medical Group**

When shopping for running shoes, customers often look to personal preferences, the latest trends and advertisements to tell them a particular shoe will best meet their physical training needs.

Prioritizing fashion before need when selecting running shoes makes a person vulnerable to common running injuries such as Achilles tendonitis, runner's knee, plantar fasciitis, shin splints, and even stress fractures.

Wearing the wrong shoes can also re-aggravate prior problems and worsen existing ones.

Everyone has a particular foot type, and matching footwear to foot type helps improve athletic performance as well as prevent injury.

The information below can help people know how to select a shoe that precisely fits their foot type.

1. The first step to determining shoe type targets foot type. With a simple wet test, step in water, then place the foot on a brown paper bag to see the foot type.



A flat foot means you may have a tendency to overpronate. A normal foot means you probably are a normal pronator. A high-arched foot means you may be an underpronator.

2. The second step is to determine personal running mechanics. Looking at the wear pattern on the bottoms of an old pair of running shoes isn't a professional assessment, but it can assist in helping people select the right kind of shoe to purchase.

**Normal / Neutral:** Hits on the outside of the heel, then across the middle of the foot

**Supinator:** Hits on the outside of the heel, then stays along the outside of the shoe

**Pronator:** Hits on the middle to inside of the heel, then stays along the inside of the shoe

3. Now, look at the shoes' last design

the shape of the shoe on the outside and inside and support requirements.

Beginning with the inside, remove the insole and examine the last design type. Then, look on the bottom of the shoe to notice its shape.

Typically, the shape of the last design should compare to the shape of your foot from the wet test done in step 1.

**Combination Last Shoes:** Have a slip last in the forefoot for flexibility and a rigid insole board in the heel for motion control. In general, combination last design are semi-curved, meaning the bottom of the shoe will curve in slightly at the arch.

**Slip Last Shoes:** Have no insole board, which allows for greater flexibility. See the stitching inside going down the middle of the shoe from heel to toe. In general, slip last design is curved, meaning the shoe will be very narrow through the arch.

**Board Last Shoes:** Have a rigid insole board that runs the entire length of the foot. This provides the best stability and is designed to prevent excessive foot motion. This design is straight, meaning there will be little to no curve in at the arch.

4. At this point, the shape of the shoe has been matched to that of the foot. The following two tests focus on how the shoe will move with the feet while running - in other words, the shoe's stability.

**Twist Test:** Holding the heel of the shoe, grab and twist the toe. No movement should be seen through the arch of the shoe. (Important: Do not twist both the heel and toe at the same time when you perform this test.)

**Crush Test:** Grasping the heel of the shoe with one hand, and the toe with the palm of the other, push from heel to toe. No movement should be seen through the arch of the shoe. These tests indicate one of the following qualities in the shoes:

**Stability:** some movement, semi-flexible mid-sole

**Cushioned:** moves easily, flexible mid-sole

**Motion control:** little to no movement, stiff midsole

This quick reference chart brings it all

together.

Normal Arch High Arch Flat Feet  
Neutral Mechanics Supinator Pronator  
Semi-Curved Curved Straight  
Combination Last Slip Last Board Last  
Stability Shoes Cushioned Motion

Control

Below are very important tips to keep in mind when shopping for a pair of shoes.

1. Before buying, try one or more brands. Don't limit yourself to one brand of shoe. Both fit and feel are as important as the shoe type.

2. Buy shoes in the evening, when feet tend to be a bit larger. Since the long bones in your feet spread slightly when you run, this will help ensure the shoe isn't too constrictive.

3. Allow about 1/2 inch (about one thumbs width) from the end of your longest toe to the end of the shoe.

4. Ensure the widest part of the feet are the same size as the widest part of the shoe.

5. Place shoes flat on the counter to check for balance. They should rest flat - not tilt.

6. The best shoe isn't necessarily the most stylish, most popular or the most expensive.

People should also replace their running shoes every six to nine months or every 400 to 600 miles of running.

With the implementation of the Air Force fitness program and a greater emphasis on running as a measure of physical fitness, these tools make it possible for people to purchase the running shoe that best fits individual needs -- making personal training programs more safe and effective.



*Photo by Master Sgt. Michael Featherston*



## Lajes hills make running a challenge

**By Staff Sgt.  
Christin Michaud  
65th ABW Public Affairs**

With the new Fit-to-Fight concept, running has become a way of life in the military.

For people arriving on the island, running may be a little different from their last assignment.

"Every place has its challenges of running," said Ricky Baptista, Exercise physiologist and fitness program manager. "What we do have here are hills — lots and lots of hills."

Whether someone is an experienced runner or just beginning, there is a big difference between running on hills vs. a flat surface. "Hills can cause havoc on joints, ligaments and muscles," said Mr. Baptista.

"They are a great way of challenging your body to new levels, but common sense must prevail. It is quite different to run a 5K on a flat track than it is to run the 5K fun run here."

Active-duty members are required to take an annual PT test that includes a 1.5-mile run.

Since the change by the Air Force Fitness program in January 2004, there has been an increase of running injuries and improper techniques impeding the progress of some Airmen.

The physical therapy clinic and the health and wellness center staff teamed up to create a 60-minute running clinic to provide useful information for members who are having trouble with running.

Some of the items they focus on in the clinic are the importance of stretching, how to begin a running program and having the proper shoes.

Before running, it's vital to do a mild warm-up, with plenty of stretching for the appropriate muscle groups. Stretching after you run is equally important.

Beginners should stay away from long intense runs, according to Mr. Baptista. He also encourages people to aim for flat areas that are away from high traffic.

The track with a slight incline located behind the

medical clinic may be a good place for beginning runners or people new to Lajes to begin.

Begin with short runs combined with brisk walks, said Mr. Baptista. "Going out and running first thing may be doable the first few times, but it won't last. You won't enjoy because it's just not fun or fulfilling. You need to be able to enjoy the exercise in order to want to do it. Working up to the challenge of running will make sure you stay with it."

The goal is to increase the amount of time you can run before focusing on distance, Mr. Baptista said of beginning a program. "Distance will come after — it is a product of speed and that will only come after your time has been worked on."

Gear is another factor to consider before beginning a running program, including the basic item — shoes.

"Shoes are basically your only investment when it comes to running," said Mr. Baptista. "Make sure to do the research and get the right information based on your foot type. The right shoe will not make you run faster, but it can help it preventing you from feeling bad after running."

Keeping this advice in mind before beginning a program are key to a successful running program and may also prevent injuries.

The most common injuries are runner's knee, shin splints as well as ankle and hip problems.

Runner's knee is pain around the kneecap caused by tight tissues on the outside of the knee and weak muscles on the inside.

Shin splints are pain in the lower leg caused by excessive pounding.

Another injury is Iliotibial Band Syndrome, which is pain on the outside of the knee is caused by running downhill or on banked curves, like on the side of the road. Proper stretching and being cautious can help prevent some of these injuries.

If runners ever feels like they are overexerting themselves, they should stop.

"Don't push yourself when your body is telling you that it



*L to R: David Pate, Joseph Zell and Gregory Cooper run during PT Monday. Running the hills of Lajes is standard practice during many PT sessions here. (Photo by Master Sgt. Michael Featherston)*

can't go anymore," said Mr. Baptista. "One of the most important words in the field of exercise is 'recovery,'" he said. "People have to make sure their exercise on the right track, but

also the amount of recovery time you give you body is just as important."

For more information or to sign up for the running clinic, call 2-3889.

### *Sample running program*

This sample running program can help increase the ability to run for longer periods of time through a gradual method. For best results, four times each week, like Monday, Wednesday, Friday and Saturday is best.

Week 1 -- Run 2 minutes, walk 4 minutes, repeat 5X  
Week 2 -- Run 3 minutes, walk 3 minutes, repeat 5X  
Week 3 -- Run 5 minutes, walk 2.5 minutes, repeat 4X  
Week 4 -- Run 7 minutes, walk 3 minutes, repeat 3X  
Week 5 -- Run 8 minutes, walk 2 minutes, repeat 3X  
Week 6 -- Run 9 minutes, walk 2 minutes, repeat 2X, run 8 more  
Week 7 -- Run 9 minutes, walk 1 minute, repeat 3X  
Week 8 -- Run 13 minutes, walk 2 minutes, repeat 2X  
Week 9 -- Run 14 minutes, walk 1 minute, repeat 2X  
Week 10 -- Run 30 minutes

#### **Advanced training for 1.5 mile run**

Fartleks -- Fartlek training is the most basic form of interval training. It is a Swedish word, which means "speed play." In fartlek training you simply change speeds at different times during the workout. The easiest type of speed play training is "free form" fartlek. Pick an arbitrary spot ahead, and run hard to it. After a short break, do another interval — as long or as short as you would like.

#### **Sample workout**

5 min warm-up (fast walk) · jog for 10 minutes  
begin a 20-30 minute session comprised of:  
1-2 minute high intensity sprints, followed by 4-5 minutes of less intense intervals  
1 min. fast — 3 min. medium paced walk or jog  
2 min. fast — 4 min. medium paced walk or jog  
1 min. fast — 3 min. medium paced walk or jog  
2 min. fast — 4 min. medium paced walk or jog  
1 min. fast — 3 min. medium paced walk or jog for a total of 24 minutes in fartlek training )  
jog moderately for 10 minutes, 5 minute stretch /cool-down



# PLANNER

## Meal time

**Burger King:** 7 a.m.-9 p.m. Sun.-Thu.; 8 a.m.-10 p.m. Fri., Sat.

**Frank's Franks:** 11 a.m.-6 p.m., Tues.-Sat.

**Oceanview Island Grill:** Lunch 11 a.m.-11 p.m. Mon.-Sun. Specials, with fries or salad & drink: Mon., roasted chicken or meatball sandwich; Tue., 16" 2-topping pizza; Wed., fried shrimp; Thu., 16" 1-topping pizza or taco salad; Fri., lasagna. Pizza specials only come with drinks.

**Subway:** 10 a.m.-9 p.m. Mon.-Fri.; 10 a.m.-8 p.m. Sat.; noon-6 p.m. Sun.

**Top of the Rock Club:** Lunch 11 a.m.-1:30 p.m. Mon.-Fri.; brunch 8:30 a.m.-noon Sat.; dinner 5-9 p.m. Tue.-Sat. Lunch buffets & specials: Mon., Southern buffet, traditional club sandwich, chef salad; Tue., Mexican buffet, rancho burger, chicken fajita salad; Wed., Italian buffet, meatball sub, chicken Caesar salad; family dinner buffet; Thu.,

Oriental buffet, beef stir-fry sandwich, mandarin chicken salad; 2-4-1 steak night; Fri., seafood buffet, fish sandwich, tuna salad; Prime & Wine dinner; Hoof & Fin dinner special.

## Chapel

**Daily Mass:** 11:30 a.m. Tue., Thu., Fri., 1st & 4th Wed.; 6 p.m. 2nd & 3rd Wed.

### Tuesday

Charismatic prayer 5 p.m.

### Wednesday

Protestant men's/women's lunch/study noon; Catholic choir practice 5 p.m.; Protestant youth bible study 5:30 p.m. T-1412A; traditional choir practice 6 p.m.; hand bell choir practice 7 p.m.

### Thursday

Gospel choir practice 7 p.m.

### Sunday

Protestant Celebration of Holy Communion 8:30 a.m.; Protestant traditional service 9 a.m.; Protestant Sunday school 10:30 a.m.; Catholic Mass 10:30 a.m.;

Protestant Gospel service & fellowship noon; Protestant teens/youth 6 p.m.

## Base services

**Barber shop:** 8:30 a.m.-6 p.m. Mon.-Fri.; 8 a.m.-4:30 p.m. Sat.

**Beauty shop:** 10 a.m.-6 p.m. Tue.-Sat.

**Child development center:** 7 a.m.-5:30 p.m. Mon.-Fri.

**Community activities center:** 10 a.m.-8 p.m. Tue.-Sat.; noon-5 p.m. Sun.

**Commissary:** 10 a.m.-6 p.m. Mon.-Wed., Fri., Sat.; 10 a.m.-7 p.m. Thu.

**Chace Fitness Center:** 5 a.m.-midnight Mon.-Fri.; 8 a.m.-7 p.m. Sat., Sun.

**Dry cleaners:** 9 a.m.-1 p.m. Mon.; 10 a.m.-6 p.m. Tue.-Fri.; 10 a.m.-4 p.m. Sat.

**Flight View BX:** 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun. & Portuguese holidays

**Gas station:** 10 a.m.-5 p.m.

Sun., Mon. (gas only); 10 a.m.-6 p.m. Tue.-Sat.

**Library:** 4-9 p.m. Mon.; 10 a.m.-9 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri.; 10 a.m.-5 p.m. Sat., Sun.

**Manicure shop:** 10 a.m.-6 p.m. Tue.-Sat.

**New Car Sales:** 10 a.m.-6 p.m. Tue.-Wed.; noon-8 p.m. Thu.-Sat.

**Ocean Front BX:** 10 a.m.-6 p.m. Mon.-Wed.; 10 a.m.-8 p.m. Thu.-Sat.; 10 a.m.-5 p.m. Sun.

**Outdoor recreation:** 10 a.m.-7 p.m. Tue.-Sat.; 11 a.m.-7 p.m. Sun.

**PFCU:** 11 a.m.-4 p.m. Mon.-Thu.; 11 a.m.-5 p.m. Fri.

**Shoppette:** 9 a.m.-11 p.m. Mon.-Sat.; 10 a.m.-8 p.m. Sun.

**Skills development center:** noon-8 p.m. Tue.-Thu.; 10 a.m.-6 p.m. Fri., Sat.

**Thrift shop:** 12:30-4:30 p.m. Mon. & Wed.; 10 a.m.-2 p.m. Fri. & 3rd Sat. of the month.

**Vet clinic:** 9 a.m.-3 p.m. Mon.-Fri.; 1-7 p.m. 1st, 3rd Wed.

**Youth & teen center:** 3-6 p.m. Mon.-Sat.; 8 p.m.-midnight Fri., Sat.



**Today: 7 p.m. "Herbie: Fully Loaded,"** rated G.

Maggie, the new owner of Number 53 - the free-wheelin' Volkswagen bug with a mind of its own - puts the car through its paces on the road to becoming a NASCAR® competitor. Herbie's got some new tricks under his hood.

**10 p.m. "Land Of The Dead,"** rated R for pervasive strong violence and gore, language, brief sexuality and some drug use.

In a modern-day world where the walking dead roam, the living try to lead "normal" lives behind the walls of a fortified city. Outside the city walls, an army of the dead is evolving. Inside, anarchy is on the rise. With the very survival of the city at stake, a group of hardened mercenaries is called into action to protect the living from an army of the dead.

**Saturday: 7 p.m., "Be-witched,"** rated PG-13 for some language, including sex and drug references.

When Jack accidentally runs into Isabel, he becomes convinced she

could play the witch Samantha in his new TV series. Isabel is also taken with Jack, seeing him as the quintessential mortal man with whom she can settle down and lead the normal life she so desires. It turns out they're both right - but in ways neither of them ever imagined.

**Sunday: 2 p.m., "Herbie: Fully Loaded," 7 p.m., "War of the Worlds,"** rated PG-13 for frightening sequences of sci-fi violence and disturbing images.

Ray is a working class man living in New Jersey. He's estranged from his family,

his life isn't in order, and he's too caught up with himself. But the unthinkable and, ultimately, the unexpected happens to him in an extraordinary sense. His small town life is shaken violently by the arrival of destructive intruders: Martians which have come enmasse to destroy Earth.

**Wednesday: 7 p.m., "Be-witched"**

**Thursday: 7 p.m., "War of the Worlds"**

**Note:** Movies and times shown are subject to change with little or no notice. For details, call the base theater at 2-4100/295-57-4100.

## AFN Sports

[myafn.net](http://myafn.net)

### Friday

#### AFN-Sports

NFL Yearbook: 2004 Tampa Bay Buccaneers, 5 p.m.

MLB: Washington Nationals @ NY Mets, 11:30 p.m.

#### AFN-Atlantic

NFL Preseason: Minnesota Vikings @ NY Jets - live, midnight

#### AFN-Pacific

MLB: NY Yankees @ Chicago White Sox, midnight

### Saturday

#### AFN-Atlantic

MLB: San Diego Padres @ Atlanta Braves, 5 p.m.

MLB: Boston Red Sox @ Los Angeles Angels of Anaheim, 8 p.m.

#### AFN-Pacific

Boxing: Vinny Maddalone vs. Shannon Miller (Saratoga Springs, NY), 7 p.m.

NASCAR Busch Series: Domino's Pizza 250 (Michigan International Speedway, Brooklyn, MI), midnight

#### AFN-Sports

MLB: Boston Red Sox @ Los Angeles Angels of Anaheim, 2 a.m.

NFL Preseason: Minnesota Vikings @ NY Jets - taped, 7 a.m.

MLB: NY Yankees @ Chicago White Sox, 5 p.m.

### Sunday

#### AFN-Pacific

NFL Preseason: Tennessee Titans @ Atlanta Falcons - taped, 3 p.m.

#### AFN-Sports

NFL Preseason: Cleveland Browns @ Detroit Lions - taped, 7 a.m.



# EVENTS

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to [news@lajes.af.mil](mailto:news@lajes.af.mil). For on-base numbers, dial 295-57 and the last four digits.

## Street bullfights

**Saturday:** 6:30 p.m., Feteira  
**Sunday:** 6:30 p.m., Feteira  
**Monday:** 6 p.m., São Bras  
**Tuesday:** 6 p.m., São Bras  
**Wednesday:** 6 p.m., São Bras

## Other local events

**Arts and crafts fair:** An arts and crafts fair takes place at the marina in Praia from 6:30 to 10:30 p.m. every Sunday through Aug. 28.

## Base events

**Sleepytime story hour:** The library will be having a special evening story hour 7-8 p.m. today. They will read bedtime stories and have a bedtime snack of milk and cookies. Don't forget to wear jammies and bring teddy bears! Children toddler-age to eight years old and their parents are invited to attend. Call the library at 295-573-688 or 2-3688 to reserve a cozy spot.

### **BX Midnight Madness Sale and Bazaar:**

There will be a sale and bazaar from 8:30 p.m. to midnight Saturday at the Ocean View BX. There will be food available for purchase throughout the day. There will be local vendors, a wine tasting, give-aways and several other activities for customers to enjoy. There will also be specials throughout the entire store.

**Cub Scout meeting:** Cub Scout Pack 1605 will hold its August pack meeting 6:00 p.m. Monday in the gym of the elementary school. Cub Scouts is for boys in grades 1-5. New scouts and their parents are welcomed and encouraged to attend. Volunteer opportunities are still available within the cub scouts. For details, call Kimberly Henne at 295-549-741.

**Women's Equality Day Luncheon:** The Women's Equality Day Committee is hosting a luncheon from 11 a.m. to 1 p.m. Aug. 26 at the Top of the Rock Club. Guest speaker is Col. Denise Lew, 65th Medical Group commander. For details or to purchase tickets, call the Military Equal Opportunity Office at 2-6282/6111.

**Newborn care class:** A Newborn Care Class, sponsored by the 65th Medical Group is scheduled for 1-4:30 p.m. Aug. 30 in Bldg. T-416 conference room. Topics covered will include newborn appearance, daily care including bathing and diapering, feeding, crying, colic, growth and development, safety, illness, immunizations and more. Included in the class is a carseat workshop to teach how to correctly place a carseat in the car. Participants are asked to bring the care seat they intend to use.

For more information or to sign up, call Staff Sgt. Mayer at 2-6731 or 295-576-731. The next class will be Nov. 29.

**Lajes Youth Program:** The LYP soccer season sign ups are through today. Volunteer coaches are needed. For more information, call the youth center at 295-571-197 or 2-1197.

## Education center

**Tuition Assistance:** The last day for issuing tuition assistance for fiscal year 2005 will be close of business Sept. 21. After this date, the issuing of TA will resume Oct. 1. It is important that students coordinate these dates with their respective registration periods; taking into consideration their TA balances. Tuition assistance issued after Oct. 1 will be out of FY 06 funding when student accounts will be replenished.

**OU classes:** Enrollments for Independent Directed Reading and internships for fall term are still open. The last day to enroll is Sept. 1. The next course being offered for the Fall is HR 5072-220, "Creative Problem Solving," an elective course toward a Master's degree in Human Relations degree. The course dates are Oct. 18-23.

The application deadline for the PhD in Organizational Leadership has been extended until Aug. 31. For details, call Jaclyn Kemp at 295-573-171 or 2-3171.

**Central Texas College:** Registration for Term 1 ends today. Central Texas College is offering Criminal Investigation, Child Abuse Prevention and Investigation, and Child Guidance on-site this term. Multiple Microsoft Certification classes are available for both MCSE and MCSA preparation. Call 295-576-722 or 2-6722 for more in-

formation or stop by CTC in bldg. T-400.

**ERAU Registration Deadlines:** Embry-Riddle is holding registration for the next two on-site courses, MGMT 424, through today and SFTY 345, through Sept. 23. For more information, contact Terra Schellig at 295-573-375 or 2-3375. Registration for Graduate distance learning courses ends Monday, registration for Undergraduate distance learning courses ends Wednesday. The Embry-Riddle office will be closed Thursday through Sept. 13 for the European Regional Conference.

## Volunteer/jobs

**LYP instructors needed:** The Lajes Youth Program is looking for qualified instructors for karate, dance, tumbling and cheerleading to teach classes for the LYP. For details, call Laura Niswonger at 295-571-197.

**Services vacancies:** The following positions are vacancies or anticipated vacancies within the 65th Services Squadron: lifeguard, recreation aids for the pool, the youth center and the community activity center, a club operations assistant for the Top of the Rock Club, and a child development program assistant and a recreation assistant for the auto hobby shop. To apply for any of these positions, visit the 65th SVS Human Resources Office in Bldg. T-112. For more information, call the HRO staff at 295-572-200 or 2-5200.

**Administrative volunteers:** Lajes Elementary School is in need of administrative volunteers. If interested, call 295-573-491 or 2-3491. Volunteer opportunities are available during the summer and the upcoming school year.

**Adults needed:** The Lajes Girl Scouts are looking for adult volunteers. Troop meetings begin in September and all team members must be in place and trained. For details, contact Toni Leonard at 295-549-514 or Box 1050.

**Lunch monitors:** Lajes schools have paid lunch monitor positions open. To apply, visit the elementary school office and pick up an application from 8 a.m. to 3 p.m. weekdays. For more information, call 295-573-491 or 2-3491.

**Crossing guards:** The elementary school needs adult vol-

unteer crossing guards. Help is needed in the morning and afternoon during the times children are arriving and departing each school day. For details, call the school at 295-576-216 or 2-6216.

**Bus monitors:** Lajes is looking for volunteer bus monitors for the upcoming school year. If interested, contact Janet Ross at [janet.ross@lajes.af.mil](mailto:janet.ross@lajes.af.mil) or 295-571-314 or 2-1314.

**Elementary teachers:** There are Elementary teacher positions for certified DoDDS Teachers for local hire. For more information, call Paula Carnley at 2-3491 or e-mail [Paula.Carnley@eu.dodea.edu](mailto:Paula.Carnley@eu.dodea.edu).

**Subs needed:** Lajes high and elementary schools need substitute teachers for the upcoming school year. Pick up applications at either school between 8 a.m. and 3 p.m. weekdays. For more information, call Paula Carnley at 295-573-491 or 2-3491 or Lori McCoy at 295-574-151 or 2-4151.

**Volunteers needed:** Lajes Elementary/Middle/High is in need of volunteers to help move boxes and furniture to set the class rooms up to prepare for another great school year.

E-mail John Brei-Crawley at [John.Brei-Crawley@eu.dodea.edu](mailto:John.Brei-Crawley@eu.dodea.edu) or call 2-3491 for the Elementary School and Stephen Kless at [Stephen.Kless@eu.dodea.edu](mailto:Stephen.Kless@eu.dodea.edu) or 2-4151 for the Middle/High School.

**Bank job:** Pentagon Federal Credit Union has a job opening for a branch service representative. Previous banking experience preferred. DEROS must be after March 2007. Apply at Bldg. T-202 or call 295-513-221 for more information.

**Legal office volunteers:** The 65th Air Base Wing Legal Office is looking for volunteers to help answer phone calls and do light administration work. If interested, call 2-3546 from 8 a.m. to 5 p.m. weekdays.

**Administrative assistant:** TolTest, Inc. has an immediate opening for an administrative assistant, providing administrative support for a base project. The candidate must be able to work a full-time schedule and fulfill the duties of the position for the duration of the project (approximately 18 months). Submit a resume and cover letter to: TolTest, Inc., c/o Human Resources, 1915 N. 12th Street, Toledo, OH 43624 or e-mail: [hr@toltest.com](mailto:hr@toltest.com).





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## Miscellaneous

**Lajes Elementary School Open House:** The elementary school will host an open house 1-2:30 p.m. Aug. 26. Please stop by building T-233 and meet your child's teacher and see the classrooms and look at all the summer maintenance work that has taken place to beautify our schools. For details, call 2-3491 or 295-573-491.

**Legal office change:** The legal office will be closing at 3 p.m. every Wednesday for training. The claims briefing time has been changed from 3 p.m. to 2 p.m. Wednesdays. For more information, call 2-3546.

**Library closure:** The library will be closed Sunday through Aug. 27 while staff receives training on a new automated system. The library will resume normal hours Aug. 29. For more information, call Patti Arnold at 2-3688.

**Share the music contest:** Tops in Blue is conducting a survey to find out about their fans. Anyone who completes the survey will have a chance to win one of many iPod prizes including a 20GB iPod, Shuffles, iPod accessories and iTunes. Log on to [www.topsinblue.com](http://www.topsinblue.com) for a chance to win.

**School registration:** Parents who haven't registered their children for the upcoming school year can do so now. For elementary school registration, call Cidalia Dias at 295-576-216 or 2-6216 and for middle/high school registration, call Stephen Kless at 295-574-151 or 2-4151.

**First day of school:** Elementary and middle/high school students begin Aug. 29; kindergartners begin Sept. 6; Sure Start begins Sept. 19.

**Drop boxes:** Box top and food labels, which allow the elementary school to get free items, can now be dropped off at either the post office or the elementary school.

**Extra parking:** Extra school parking is available beside the school by the playing field near the youth center. Parents should park at this location and walk to pick up their children to prevent a traffic jam.

**Meal program:** Parents interested in the free/reduced price meal program can e-mail [janet.ross@lajes.af.mil](mailto:janet.ross@lajes.af.mil) for an application.



## Cheerleading

*Five-year old Gabrielle Balliet practices cheering at the Lajes Youth Program's cheerleading camp Wednesday. (Photo by Guido Melo)*

**Bus application:** Parents who live off base need to turn in a bus application to Janet Ross by Monday for their children to be picked up by the bus on the first day of school, Aug. 29. E-mail [janet.ross@lajes.af.mil](mailto:janet.ross@lajes.af.mil) for an application. For details, call 2-1314 or 295-571-314.

**Furniture at AAFES:** The Army and Air Force Exchange Service sells furniture from 10 a.m. to 5 p.m. Saturdays in the warehouse in Bldg. T-800 (near the 65th Security Forces Squadron and OSI). For more information, call Laura Meyer at 295-573-209 or 2-3209.

**Heartlink:** Do you want to learn more about what it is like to be a part of the military? If you are a civilian spouse, you can join Heartlink and find out more about the Air Force. Enjoy a free "chicken Alcatraz" lunch and a cooking demonstration. You

could win an Alcatraz pot along with other prizes. Meet new spouses, play games and come to have fun. Childcare certificates are available. Call the family support center at 2-4138 to sign up.

**AFIT program:** The National Reconnaissance Office is looking for candidates for the FY 2006 Air Force Institute of Technology program. There are no specific officer grade requirement for applying. For more information, e-mail [m1a.df.safst-forcedvlp@pentagon.af.mil](mailto:m1a.df.safst-forcedvlp@pentagon.af.mil) call DSN 898-2891 or (703) 808-2891.

**Selection board:** The next undergraduate flying training selection board will convene Jan. 10, 2006. The board will review active-duty applications for pilot, navigator or air battle manager training. Officers born after April 1, 1976 and a TFCSD (total federal commissioned service to date) after April 1, 2001, who

meet all other eligibility criteria can apply. Send completed application, postmarked by Nov. 23, to HQ AFPC/DPAOT3, 550 C Street West Suite 31, Randolph AFB Texas 78150-4733. For more information on application procedures, see AFI 36-2205 or call the 65th Mission Support Squadron's formal training element at 2-5203.

**Lodging number:** To reach the Mid-Atlantic Lodge from off base, call 295-54-5178. From on base, dial 2-5178.

**Combat Care: Scheduled** to deploy? Every active duty member that is going on an extended TDY or deployment is required to receive a Personal and Family Readiness Briefing. Call the FSC at least two weeks prior to departure to schedule an appointment. For details, call Master Sgt. Jett at 2-1185/4138.

## Chapel

**New Creation Café** (A Christian Café): 7 p.m. today, at Eddies Place. For details call Chaplain Knight at 2-4211.

**Men's Spiritual Leadership Training/Breakfast:** 8 a.m. Saturday, at the Base Chapel. For details call 2-4211.

**SUM Dinner (AFSA):** 5:30 p.m. Thursday, at the Base Chapel.

## Classifieds

*Submit ads via e-mail to [news@lajes.af.mil](mailto:news@lajes.af.mil). Ads are due by 5 p.m. Friday.*

For sale: Play train table with six plastic storage drawers underneath. Sells for \$150 but only asking \$100. Call Michelle at 295-549-771.

Large calico cat free to a good home. Very friendly, fixed, shots up to date and comes with litter box and food bowl. Call Michelle at 295-549-771.

For sale: 2000 Chevy Malibu, silver. PCSing. Must sell. Will negotiate. \$7,000 O.B.O. Call Monique 295-515-667 or 969-592-189.

Free packing peanuts. For more information contact Andy or Kimberly at 295-549-741.

For sale: 20" Hitachi dual voltage TV \$100 Call Scott at 295-549-353 or e-mail: [scott.healey@lajes.af.mil](mailto:scott.healey@lajes.af.mil)

For sale: 1988 Lincoln Town Car \$850 Runs well, has no overdrive. Many new parts included. Inspection good until Sept 2006. Call Keith at 295-542-317 or 2-4151.

Wanted: Large satellite dish for AFN. Willing to buy separate or as set. Call 295-516-031

Dehumidifiers: Furnishings Management Office has dehumidifiers for military family housing and off-base residents. Call Staff Sgt. Juan Carrillo at 2-1241.